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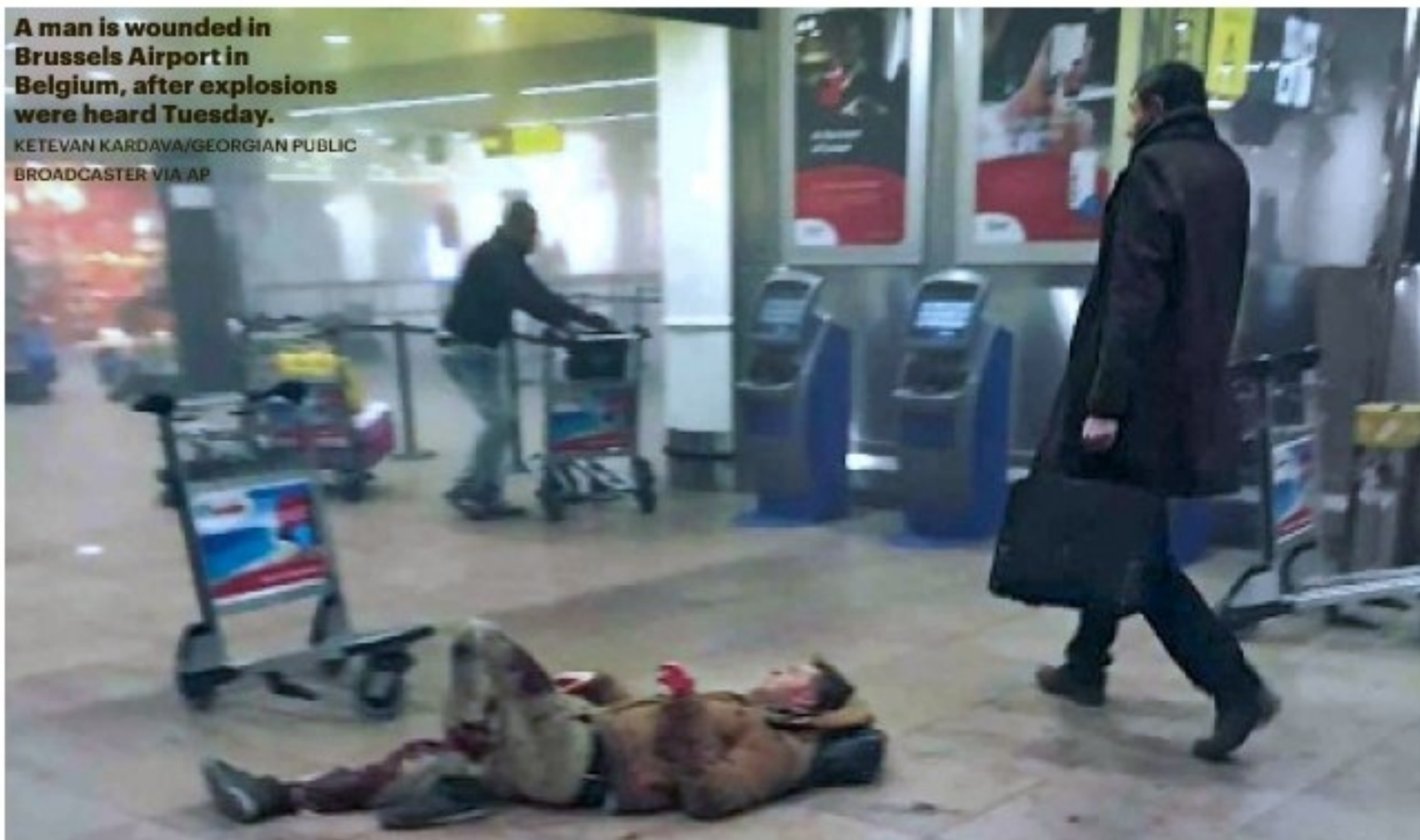


Rob Ford: 1969-2016

Your essential daily news | WEDNESDAY, MARCH 23, 2016

High 3°C/Low -2°C The sun returns

A man is wounded in Brussels Airport in Belgium, after explosions were heard Tuesday.
KETEVA KARDAVA/GEORGIAN PUBLIC BROADCASTER VIA AP



THE 2016 FEDERAL BUDGET

Iveson, Notley pleased with boost from feds

Investment in infrastructure, transit welcomed



Ryan Tumilty
Metro | Edmonton

Alberta's politicians were giving Justin Trudeau's first federal budget a positive review Tuesday and were optimistic it could help spur the province's ailing economy.

Premier Rachel Notley said the budget's investment in infrastructure was a welcome one and a sign they wanted to help spur construction even if it came with the expense of a nearly \$30 billion deficit.

"It's understandable that the federal government is running a deficit to support growth," said Notley. "The budget measures will get the economy moving now and also help establish sustainable long-term growth."

The Liberals eased many restrictions on employment insurance extending benefits and making other changes for people in hard hit parts of the country, which the premier said was important.

"The five extra weeks of EI benefits will be a big help to Albertans who are unemployed," said Notley.

Edmonton was not included in those EI change and Notley said the provincial government would watch the situation and lobby for change if it felt the city needed more support.

Mayor Don Iveson welcomed the \$3.4 billion in additional public transit investments the Liberals announced, along with more for other major projects.

"The investments in infrastructure in cities are significant and the signals are there that they're going to grow over time."

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ATTACK ON BRUSSELS metroNEWS



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CALGARY ZOO

Baby gorilla making progress



Aaron Chatha
Metro | Calgary

The Calgary Zoo's newborn baby gorilla has been off to a rough start in life, with handlers keeping a close eye as the baby struggles to gain weight.

It's been about two weeks since the baby was born, and zoo officials have tried not to intervene, but on Saturday they were forced to sedate the mother, Kioja, and temporarily take the baby.

"We checked her heart, ultra sounded her head to make sure there was no cranial damage, took a blood sample and gave her nutrition, some of it milk taken from her mom, and also some fluids," said Dr. Sandie Black, Head Veterinarian. "That's the only time we've needed to intervene."

Black said that gave the baby enough strength to carry on with her nursing.

"Her nursing initially was a bit weak, which is probably why things have been a bit slow," she said. "But, day by day, this baby continues to get a little bit stronger and put on a little bit of weight."

Black said both Kioja and the father, Kakinga, have been attentive to making sure the baby is being taken care of. Kakinga has been directing the other three females in the gorilla troop to keep their distance. Kakinga himself will ever so often touch the baby with a meaty finger, but for the most part he just keeps nearby.

Blues on Whyte shaping up for a new era: Manager

RENOVATIONS

Staff changing up look but also band bookings too



Samantha Power
For Metro | Edmonton

The list of venues closing in Edmonton was getting dire when owners at Blues on Whyte decided to renovate one of Whyte Avenue's longest running live venues.

"We knew the space was outdated for what we are," said general manager Denton Morrell.

This is the first major renovation to the venue since its opening in 1984.

Morrell says changes are meant to improve the live venue experience and open up the space.

"It'll be a drastic change to how the customer sees the show," said Morrell.

A lot of work is being done to restore original brick and steel work that exist from the 1911 and 1953 sections of the building.

The changes have removed the bar that once jutted out obstructing the room and will work to open up the space and include more community tables.



Denton Morrell, general manager of Blues on Whyte sits in the under-renovation space. CODIE MACLACHLAN/FOR METRO

The changes aren't just physical. Since Morrell took over as general manager a year ago the venue has also worked to change up band bookings. Instead of seven night bookings, bands are now booked on a five-night or two-night basis, which

Morrell says opens up more opportunities for local acts.

While it's hoped the changes bring in a new generation of music fans, consultations were done with regulars to ensure they were on board.

"We had to be sensitive to the regular base," said Morrell.

"We're 18 — 88, white collar to no collar. The demographics is all over the place and that's what everyone likes about this place."

Blues on Whyte is open during renovations that are expected to be complete within the next few weeks.



It'll be a drastic change to how the customer sees the show.

Denton Morrell

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SUBURBS

Council backs developers over community names

City hall echoed Shakespeare Tuesday to ask whether a neighbourhood by any other name would be as marketable.

Qualico, the developer behind three new communities on the south side, took issue with the names picked by the city's naming committee, and appealed their decision.

Councillors ultimately sided with the developer.

The city's naming committee wanted the communities

named Balsam Woods, Golden Willow and River Alders, while the developers thought The Uplands, Stillwater and Rivers Edge had a better ring to them.

Brad Armstrong with Qualico said they understand the committee's desire for names that reflect natural features, but adds that they also have to sell homes there one day.

"We do want a name for our communities that reflect

the area, the natural features of the area, but it also should have a little bit of a catch to it that people can be proud of."

Armstrong said beyond the investment in the community's infrastructure they also spend a lot of time coming up

with a marketing plan.

"We spend a lot of time and effort putting those things together."

Jamie Post, with the naming committee, said he understood council's decision, but was disappointed.

"It's hard not to be, but that is the way the system works," he said. "The decision is the decision."

Post said the naming committee sympathizes with de-

velopers, but wants names that reflect the city's geography, history and culture.

"We try to make the best decision that we can based on the information we have and the research we receive."

Coun. Dave Loken said he hopes future debates don't have to come to council.

"This shouldn't even be here. I don't know if we should look at our process here."

RYAN TUMILTY/METRO

+ WHAT'S IN A NAME?

What the city's naming committee wanted:

- Balsam Woods
- Golden Willow
- River Alders

What the developers wanted:

- The Uplands
- Stillwater
- Rivers Edge

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New neighbourhoods on the city's edge are expected to cost \$1.4 billion more than they will bring in taxes. METRO FILE

Developers, city to deal with sprawl

SUBURBS

\$1.4-billion gap between cost, revenues



Ryan Tumilty
Metro | Edmonton

The city will work with the development industry to try and figure out how to close a \$1.4-billion gap between what new developments will cost and what they will bring in taxes.

Councillors have asked administration to study the issue in greater depth alongside developers, looking at places the city could be more efficient, as well as

options for new revenues to better fund the city's operations.

A report the city released last week showed that the neighbourhoods of Decoteau, Horse Hills and Riverview will cost the city \$1.4 billion over the next four years when all the additional costs of fire stations, recreation centres and other amenities are factored in.

Mayor Don Iveson said now

that the city has hard data on the problem they have to work through it.

"Citizens expect us to take a close look at the implication of our growth decisions," he said.

Other cities, including Calgary, have aimed to address the problem with higher upfront levies on developers, but Iveson said he is going into this discussion with an open mind and is glad builders and developers appear ready to do the same.

"I am really glad the development industry is willing to work with us constructively on this."

Laurie Scott, chair of the Urban Development Institute's Edmonton chapter said it's important to see the whole picture and growth

does pay for itself.

"When you add the commercial and industrial tax revenue we actually create a surplus for the city."

He said it's easy to peg sprawl as the culprit, but all growth will cost the city.

"We will continue to need additional services that the city provides whether the city grows up or out," he told councillors.

Citizens expect us to take a close look at the implication of our growth decisions.

Mayor Don Iveson

DEVELOPMENT

Infills to get close scrutiny

Ryan Tumilty
Metro | Edmonton

Pledging to get the “bad apples” out of the game, city councillors moved to add more resources to police infill construction projects and reduce conflict with neighbours.

Councillors supported setting up a new three-member team that would be assigned specifically to monitoring infill projects and issuing fines for issues like noise.

Coun. Mike Nickel said this is the step council should have taken before moving ahead with infill zoning.

“We’re finally catching up and putting in some infill cops to make sure compliance actually happens,” he said.

Nickel said he received a lot of complaints from neighbours about infill projects.

“I have pictures from various infill projects in my ward showing fences slipping into neighbour’s basements they dug out.”

Cassandra Haraba of the Edmonton Federation of Community Leagues, said the city had to get a handle on the problem if it wanted residents to embrace infill.

“Council’s social licence is at risk when it comes to infill,” she told councillors.

Council also asked administration to look at setting a standard for construction hours to cut down on the noise in neighbourhoods.

Beverly Zubot, also with the federation, called on councillors to go further however and stop Sunday construction so neighbours would have one day off from a construction site.

“They just want to know that there is one day out of the week that they can have respite,” she said.



Police stand outside a metro station after an explosion in Brussels. GEERT VANDEN WIJNGAERT/THE ASSOCIATED PRESS

LEADERS REACT

Daesh cowards: Notley

Alberta’s political leaders again offered their sympathies to the people of Europe after a terror attack in the Belgian capital on Tuesday.

Bombings at the Brussels airport and in the city’s subway system killed 31 people and wounded dozens more in a co-ordinated terrorist attack.

Authorities were still investigating, but Daesh has claimed responsibility for the attacks.

Premier Rachel Notley called the attacks “cowardly” and said her thoughts and prayers were with the people of Belgium.

“These unspeakable acts are fostering the opposite of their desired effect. As the world grapples with another senseless terror attack, our collective resolve to stand tall against terrorism only grows,” she said in a statement.

She said people across the province were standing with people in Belgium.

“I know I speak for all Albertans when I offer the people of Belgium our condolences, our resolve and our solidarity.”

Opposition leader Brian Jean also expressed sympathy.

“We mourn for them. My heart goes out to those impacted by the senselessness, who were simply going about their everyday lives.”

Mayor Don Iveson said it was sad to see another attack in Europe. He said he hoped the attacks would not change how people go about their lives.

“I hope we never get to a point where we are numb to these incidents, but as they continue to happen I hope we stay resilient and not be driven to fear.”

Iveson said the High Level Bridge would be a lit up in the colours of the Belgium flag on Wednesday, Thursday and Friday. RYAN TUMILTY/METRO

Student trip rerouted

ATTACK ON BRUSSELS

Group of 12 now in Europe was booked to visit Belgium

Alex Boyd
Metro | Edmonton

An Edmonton high school has rerouted a student group currently in Europe because of the Brussels terrorist attack Tuesday morning.

A group of 40 Grade 11 and 12 students from École Maurice-Lavallée high school are currently in Amsterdam and had planned to travel to Belgium Wednesday

to spend four days in Brussels and Bruges.

Instead, they’ll travel to Rotterdam and figure out from there what to do with their extra days before heading onto their scheduled stop in northern France.

“They are more calm than one would expect; there’s some nervousness because you’re not at home and for some it’s maybe their first time international trip,” said superintendent Henri Lemire, who has been in touch with the four teachers in charge.

“They all said that they were quite calm and very co-operative,” he said.

He says he doesn’t believe the incident will change the Greater North Central Francophone School Board’s stance on sending students to Europe.

“We live in a different world,



They are more calm than one would expect.

Superintendent
Henri Lemire

where people have never travelled this extensively before. There are different sorts of dangers now and there’s a risk of travelling whether you’re alone, with family or in groups and we are conscious of that, he said.

“But there is immense value in youth travelling, it brings so many things closer and they will grow from this.”

The Edmonton Public School Board also released a statement Tuesday confirming that inter-

national field trips already approved will go ahead.

The statement says that hundreds of parents, guardians and staff were surveyed in the wake of terrorist activity in Paris last year.

“Overwhelmingly, the message was to: allow field trips to continue, evaluate field trips on a case-by-case basis, and allow parents/caregivers to make the final decision.”

There are three Edmonton Public School field trips currently in Europe, with 10 departing before the end of the week and an additional nine scheduled before the end of the year.

None include trips to or through Belgium.

The Catholic School Board cancelled all international trips after the attack on Paris last fall.

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Ritchie Community League VP Dallas Bartel and president Laura Cunningham-Shpeley outside their venue. They hope to get venue zoning to help with licensing. CODIE MCLACHLAN/FOR METRO

Licensing system vexes local league

ZONING

**Nonprofit
seeks ways to
make events
easier to run**



**Ryan
Tumilty**
Metro | Edmonton

The Ritchie Community League wants to make it easier to bring local art and music to community halls, cutting out some of the red tape that has led to discord.

Right now the balancing act to ensure the league works within bylaws and civic agreements can become onerous for volunteer organizations,

according to Dallas Bartel, the league's vice-president.

"We need a special event licence, which we have to apply for each event months in advance," said Bartel. "We need to get health, fire and police sign off every time."

Community leagues must ensure they are not operating as a business due to an agreement between the city and the Edmonton Federation of Community Leagues.

The leagues then have to apply as a nonprofit for licensing and approvals.

As Bartel has worked to increase events, that only increases the workload. He said it's worth the work, but frustrating.

"You're keeping your community hall a viable place for people to meet," said Bartel.

Bartel would like to see the ability to submit a schedule of events that would have the required signoffs happen all at once for a certain period of time.

Dan Lenz, a music promoter helping the Ritchie league to bring in bands, said an alternative would be a type of venue zoning.

It could help out other venues such as the Aviary, which straddle the use of space as a venue and community hub. But Lenz cautions seeking to smooth out restrictions may create new problems for leagues.

"If ID scanners become mandatory, how many leagues would be stoked to have scanners in the hall," said Lenz.

"I think the only answer is to change zoning," said Lenz.

IN BRIEF

Man dies in avalanche

Searchers recovered the body of a man who died in a massive avalanche while snowshoeing in Kananaskis Country. RCMP got word Sunday evening about a 55-year-old Canmore resident who was overdue from a hike. An air search Monday turned up signs of avalanche debris, and his body was found buried in the area. Police say the solo snowshoer may have triggered a 3.0 slide, big enough to destroy a small building or bury trees. The victim, whose name has not been released, was not wearing a transceiver.

THE CANADIAN PRESS

CHILD SAFETY

Police seek witnesses to abduction attempts

Edmonton Police are investigating an apparent abduction attempt of a young girl in West Edmonton.

Last Wednesday morning, a 10-year-old girl reported encountering a man in a light-coloured van parked along 97A Avenue and, west of 182 Street.

She described the man as dark-haired and said he offered candy. The van had its hazard flashers on. The girl declined the invitation and reported the incident to school staff. Interviews indicate another young female student may have been approached at the same time.

"We need to know what this

other potential witness may have seen or heard," says Det. Billy Countryman.

The other female is described as being 12 to 16, with dark hair, possibly of Asian descent, and wearing dark clothing with a jean jacket, carrying binders and a backpack.

"We have canvassed the neighbourhood and area schools to locate this unknown potential witness," says Det. Countryman.

Police encourage anyone who may have information to contact them at 780-423-4567 or #377 from a mobile phone.

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ISTAR gets \$500k donation

RESEARCH

Institute has treated 3,000 people for stuttering



Alex Boyd
Metro | Edmonton

When Jaiden Bjarnason was in grade five she didn't speak a single word to her teacher for the first three months.

When asked she lists "reading" and "learning" among her favourite things, but for a long time she was utterly unable to reach out to anybody outside her family.

"Real stuttering isn't like b-b-b," she says, demonstrating the common perception most people have of the condition.

"It's more like when you get a blockage in your throat and it's kind of like saying the same thing over and over again," she said.

Now an articulate 14-year-old, Bjarnason credits her new confidence to the University



Jaiden Bjarnason, 14, and her mother Michelle say Jaiden went from being a shy student who did poorly in school to an outgoing teen with lots of friends thanks to treatment for stuttering at the University of Alberta. CODIE MACLACHLAN/FOR METRO

of Alberta's Institute for Stuttering Treatment and Research (ISTAR).

The program got a major boost Tuesday, in the form of a check for \$500,000 from the Alberta Elks Foundation.

Holly Lomheim, acting executive director of ISTAR, says

"It's more like when you get a blockage in your throat."

Jaiden Bjarnason, on stuttering misconceptions

the program would likely not exist without the Alberta Elks, who have raised \$3.76 million since 1986.

The new money that will be used to continue services in Edmonton, expand services in Calgary and help families in financial need.

"This important gift positively impacts hundreds of lives and demonstrates to these children and teens that 'every voice matters,'" Lomheim said.

ISTAR has treated more than 3,000 people to date.

Bjarnason's mother, Michelle, says she took her daughter to counsellors and psychologists but because of the misconceptions around the condition, no one realized she had a stutter until a friend suggested ISTAR.

So she enrolled in the three-week intensive program for teens, where they started with basic tasks like calling bookstores to ask if they had a copy of Harry Potter in stock and even that was "terrifying."

But after several weeks of slowing her speech down and building her confidence she was able to do it comfortably.

"It's a gift, it's an absolute gift," Michelle says of the program. "It's a lifelong condition that will always have to be monitored, but it's a huge weight to know that your child will have the opportunity to be successful, to do what they want to do."

BUSINESS

Investment group had strong 2015

Alberta Investment Management Corp. says it had an overall rate of return of 9.1 per cent in 2015 and its main fund did even better.

The Edmonton-based fund manager says its balanced fund — holding the bulk of its assets — had a 10.1 per cent rate of return for 2015 and ended the year with \$75.9 billion of assets.

AIMCo is an arms-length agency of the Alberta provincial government that was established in January 2008, primarily to manage long-term investments on behalf of 26 pensions and other clients in Alberta.

In total, AIMCo had \$90.2 billion of assets under management as of Dec. 31, including \$14.3 billion managed for government and specialty fund clients that want its expertise in short — and medium-term fixed income investments.

It said Tuesday that more detailed information will be available with AIMCo's annual report, to be released in June.

THE CANADIAN PRESS

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ROB FORD: 1969-2016

He defied the odds

FORMER TORONTO MAYOR

Politician was a penny-pincher infamous for personal excess

For all his bad — which was considerable — Rob Ford left us with enough good to comfort his boosters.

"Unique" doesn't begin to describe the astonishing, incomprehensible, indecipherable head-scratcher of a politician. Gaffes and impolitic indiscretions that would sink mere mortals seemed to conspire to elevate his status.

This was a man without a college degree, who, by most calculations, would have been hard-pressed to ascend to the executive offices of the city's boardrooms; yet he became mayor of the country's largest city. And for four years, he was the most (in)famous mayor in all the world.

Rarely has Toronto's name been on the lips of so many for so



Rob Ford at his campaign launch in April 2014. The former Toronto mayor has died at 46. NATHAN DENETTE/THE CANADIAN PRESS

long and in so many far reaches.

Wherever political scientists study voting phenomenon, they'll be stretched to explain how a young man from central-north Etobicoke — a simple man trading on the means of his politician-turned-businessman father — could parlay such limited recognizable skills into securing the votes of so many of the most fickle of customers.

Rob Ford seemed always to defy the odds. Exploding grenades didn't shatter his façade, they propelled him into the air. The more he sank into the morass of personal excess — the alcohol and drugs — the more entrenched, though narrowed, his appeal.

In more than 15 years of municipal politics, Ford never lost an election. His singular appeal

was his message that never grew old and never lost appeal: "You can trust me with your money. I'm not going to waste it."

Ford's genius — crafted or naturally acquired — is that he connected with the average guy. Bumbling, stumbling, a bit off-kilter, never well-dressed, a bit awkward, politically incorrect, overweight, bumptious while shy, he represented the imperfections in all of us, even those of us who despised him for it.

His singular appeal as a politician was "customer service." He answered the phone calls of his constituents, personally. He showed up to their door to attend to their little problems. And constituents never forgot that.

They call it retail politics. And Rob Ford was so successful in growing the brand that his brother, Doug, almost rode it to victory in the last municipal election.

Rob Ford was Toronto's 64th mayor, the third after the controversial and forced amalgamation that created the megacity in 1998. He will not be forgotten any time soon. TORSTAR NEWS SERVICE

INFLUENCE

Ford's tricky legacy



Matt Elliott
Metro | Toronto

Even when Rob Ford's appearances at Toronto City Hall became less and less frequent due to illness, the city's most infamous ex-mayor maintained a presence — a political influence that refused to quit. Ford's death on Tuesday at the age of 46 is unlikely to change that.

Despite a mayoralty that will be remembered most for all the things that happened away from his office, Ford's legacy within city hall has already shown itself to be strong. Much of it is related to the issues that defined Ford's brand of political populism: the sanctity of cars and subways, the inherent evils of taxation, the supposed existence of oodles of government waste.

With all such issues, too much decision-making continues to be shaped by a fear shared by several of his former council colleagues — especially those in the city's

suburbs.

They worry that taking a position too contrary to those held by the former mayor will attract the rage of a group of voters: the "Ford Nation."

It's a tricky legacy. On one hand, it's enormously frustrating. So many of Ford's positions were based on feelings instead of facts. They made for disastrously bad policy decisions.

But on the other hand, the fear of Ford works as a check on those who would assume the entire amalgamated city has bought into the virtue of transit, bikes, urbanism and public services.

I would have liked to see someone who understands that go up against Ford in an election. I would have liked to see voters get to decide definitively and democratically whether to reject or again embrace Ford's politics.

But, instead, city hall is left to grapple with a complicated and resilient legacy.

Cancer took Rob Ford, but something remains.

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THE 2016 FEDERAL BUDGET

Liberals make it rain

Child benefit, native welfare cornerstones of huge spend

Justin Trudeau's Liberals are opting to spend heavily in their first budget to deliver the "bold, transformative" change they say is needed to put Canadians on firm footing for the future.

The Liberal budget unveiled Tuesday calls for new spending in the billions of dollars for aboriginal communities, middle-class families, transit upgrades and social housing in cities and towns across Canada. It provides more cash for children and their parents, poor seniors, unemployed Canadians and injured veterans.

For all that, Canada's finances will go deep into the red for the next five years as Liberals set aside election pledges to contain deficit spending.

Instead, the government said it will take advantage of low

interest rates to borrow money and spend nearly \$30 billion more this year than it takes in as revenue.

The Liberals had vowed to keep the deficit to no more than \$10 billion and to eliminate it by the end of their mandate. Tuesday's budget predicts a deficit of \$14.3 billion in 2020-21.

The plan unveiled by Finance Minister Bill Morneau doesn't set out how or when the books will be balanced, although he told reporters if growth is better than forecast, the country could be back in the black in five years.

"Some (projects) are urgently needed and require the government to act quickly. But in every case, investments will be made with a focus on long-term value so that Canadians will reap the benefits far into the future," Morneau said in the House of Commons.

He stressed the Liberals' priority was to grow the middle class — the title he gave to the 269-page document.

He told the Commons that the Liberal plan — which will

see the deficit grow to \$29.4 billion in 2016-17 — is "reasonable and affordable."

At the core of the Liberal strategy is the Canada Child Benefit, some \$5 billion in new spending a year that Morneau boasted was a social program to rival universal health care.

"It will lift hundreds of thousands of kids up from poverty," Morneau said.

Morneau did not deliver a promised small-business two

percentage point tax cut.

Morneau also declared he was "most proud" of the new investment in indigenous communities, saying the more than \$8 billion pledged over five years for education, nursing stations, housing and sewer and water treatment is more than the \$5 billion promised by a previous Liberal gov-

ernment's Kelowna Accord in 2005. The Conservative government cancelled that agreement.

The defence department will see its capital spending deferred as the budget delays \$3.7 billion for big-ticket capital projects, confirmation that new military hardware remains years away.

TORSTAR NEWS SERVICE

INFRASTRUCTURE

Building boom yet to arrive



Luke Simcoe
Metro | Toronto

If you were expecting Tuesday's federal budget to usher in a new golden age of infrastructure in Canada, you're going to have to wait a little longer, experts say.

The Liberals campaigned on investing \$60 billion in infrastructure over 10 years. The "first phase" of that plan only includes \$11.9 billion over five years.

"I think it's a down payment on the infrastructure needs of our cities," said University of Toronto planning professor Matti Siemiatycki.

The Federation of Canadian Municipalities estimates that national infrastructure backlog tips the scales at \$123 billion.

Siemiatycki applauded the decision to allow federal money to be spent on maintenance, rather than just new projects.

"We need to emphasize getting our house in order," he said.

2016-17 DEFICIT

\$29.4 billion



Bill Morneau, right, with Justin Trudeau as he makes his way to deliver the budget.

SEAN KILPATRICK/THE CANADIAN PRESS

Mayors feel the love

It's a very positive signal ... that they understand that there are a number of municipalities that don't have the full financial capacity to pay for all these projects.



Ottawa Mayor Jim Watson

Today, the federal government released a budget that recognizes cities like Toronto are the very best investment that our government of Canada can make.



Toronto Mayor John Tory

I'm very pleased to hear there is ... investment in infrastructure as well as investments in indigenous communities and for indigenous Canadians.



Winnipeg Mayor Brian Bowman

It's pretty clear that there's a lot of needs at the municipal level and we're very encouraged by what we see in the budget.



Halifax Mayor Mike Savage

I've been saying for some time the best thing governments can do in this economic downturn is to keep building.



Calgary's Naheed Nenshi

It's a good down payment on many fronts. It shows their commitment to supporting cities.



Vancouver's Gregor Robertson

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TERRORIST ATTACK ON BRUSSELS



BELGIUM MOBILIZES

1 High security measures—Police forces make searches inside the North station in Brussels.

2 Suspects' photos released—A picture released by the Belgian federal police shows the suspects.

3 Videos surface—This image grab from a video by RTL TVI shows people lying on the floor after the blast.

LL PHOTOS: AFP/GETTY IMAGES

'What we feared has happened'

BELGIUM ATTACKS

At least 34 dead after two explosions in airport, subway

Islamic extremists struck Tuesday in the heart of Europe, killing at least 34 people and wounding scores of others in back-to-back bombings of the Brussels airport and subway that again laid bare the continent's vulnerability to suicide squads.

Bloodied and dazed travellers staggered from the airport after two explosions — at least one blamed on a suicide attacker and another reportedly on a suitcase bomb — tore through crowds checking in for morning flights.

About 40 minutes later, another blast struck subway commuters in central Brussels near the Maelbeek station, which sits amid the European Commission

headquarters.

Authorities released a photo taken from closed-circuit TV footage of three men pushing luggage carts, saying two of them apparently were the suicide bombers and that the third — dressed in a light-colored coat, black hat and glasses — was at large. The two men believed to be the suicide attackers apparently were wearing dark gloves on their left hands.

In its claim of responsibility, the Daesh group said its members detonated suicide vests both at the airport and in the subway.

Belgium raised its terror alert to the highest level, shut the airport through Wednesday and ordered a citywide lockdown, deploying about 500 soldiers onto Brussels' largely empty streets to bolster police checkpoints.

In police raids across Brussels, authorities later found a nail-filled bomb, chemical products and a Daesh flag in a house in the Schaerbeek neighbourhood,

the state prosecutors' office said in a statement.

German police say three Kosovars who are suspected of possible links to an extremist network have been arrested on the Munich-Salzburg highway in the south of the country.

"In this time of tragedy, this black moment for our country, I appeal to everyone to remain calm but also to show solidarity," said Belgian Prime Minister Charles Michel.

President Barack Obama has ordered that all American flags in the U.S. be flown at half-staff through Saturday out of respect.

Daesh has issued an updated communiqué taking credit for the Brussels attacks and threatening other countries taking part in the anti-Daesh coalition.

The statement promises "dark days" for countries allied against them, threatening that "what is coming is worse and more bitter."

THE ASSOCIATED PRESS



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ATTACK ON BRUSSELS

Airports ripe for pre-board attack

PUBLIC SAFETY

Time between curb and flight not protected: Security expert

The airport attack in Brussels highlights one of the most vulnerable stages of aviation security: the time travellers spend between the curb and the checkpoint.

As travellers wait first to check luggage and then go through metal detectors, they crowd together in areas that are usually lightly patrolled

and accessible to nearly anyone.

"We ignore it," says Isaac Yeffet, a former head of security for the Israeli airline El Al who now runs his own firm, Yeffet Security Consultants, based in the New York area. "We are careless."

For more than 40 years, security officials and terrorists have been fighting to stay ahead of each other.

When airlines and governments made it harder to hijack planes, terrorists found new ways to destroy aircraft.

They put bombs in checked luggage until bag screening became standard. The 9/11 hi-

jackers defeated 2001 passenger-screening measures and used knives to turn jets into weapons.

Security checkpoints are designed to keep terrorists and weapons off planes.

For the most part they have worked since.

"Those areas really can't be protected," says Douglas R. Laird, former director of security at Northwest Airlines and now head of Laird & Associates, Inc.

They are similar to subway stations, shopping malls or any other large public space.

THE ASSOCIATED PRESS



Solidarity messages are written in chalk outside the stock exchange in Brussels. GEERT VANDEN WINGAERT/THE ASSOCIATED PRESS

SOLIDARITY

Colourful support for Brussels

A pedestrian strip outside the stock exchange in Brussels became a colorful canvas of support and defiance after Tuesday's deadly bombings as those wanting to show solidarity chalked messages — in French, Flemish, English, Arabic and Cyrillic script and more.

A few thousand people were gathered at Brussels' Place de la Bourse late Tuesday to draw more messages and light candles. One group broke into Edith Piaf's "Hymne à l'amour" (Hymn to Love) as onlookers applauded. Next, they sang the Belgian national anthem, in both of the

country's national languages — French and Flemish.

Many of the drawings were joyous, with slogans like "Spread love," "Live and Let Live" and "Love is my religion."

Others were more political: "Stop this war in Syria," or simply raw — one small message read: "I'm scared."

The vibe was generally upbeat, with laughing and joking, but there was an strong undercurrent of sadness.

Pepijn Kennis, 27, had tears in his eyes as he and his girlfriend drew the words "Hart Bove Haat" (Heart over Hate) in pink and yel-

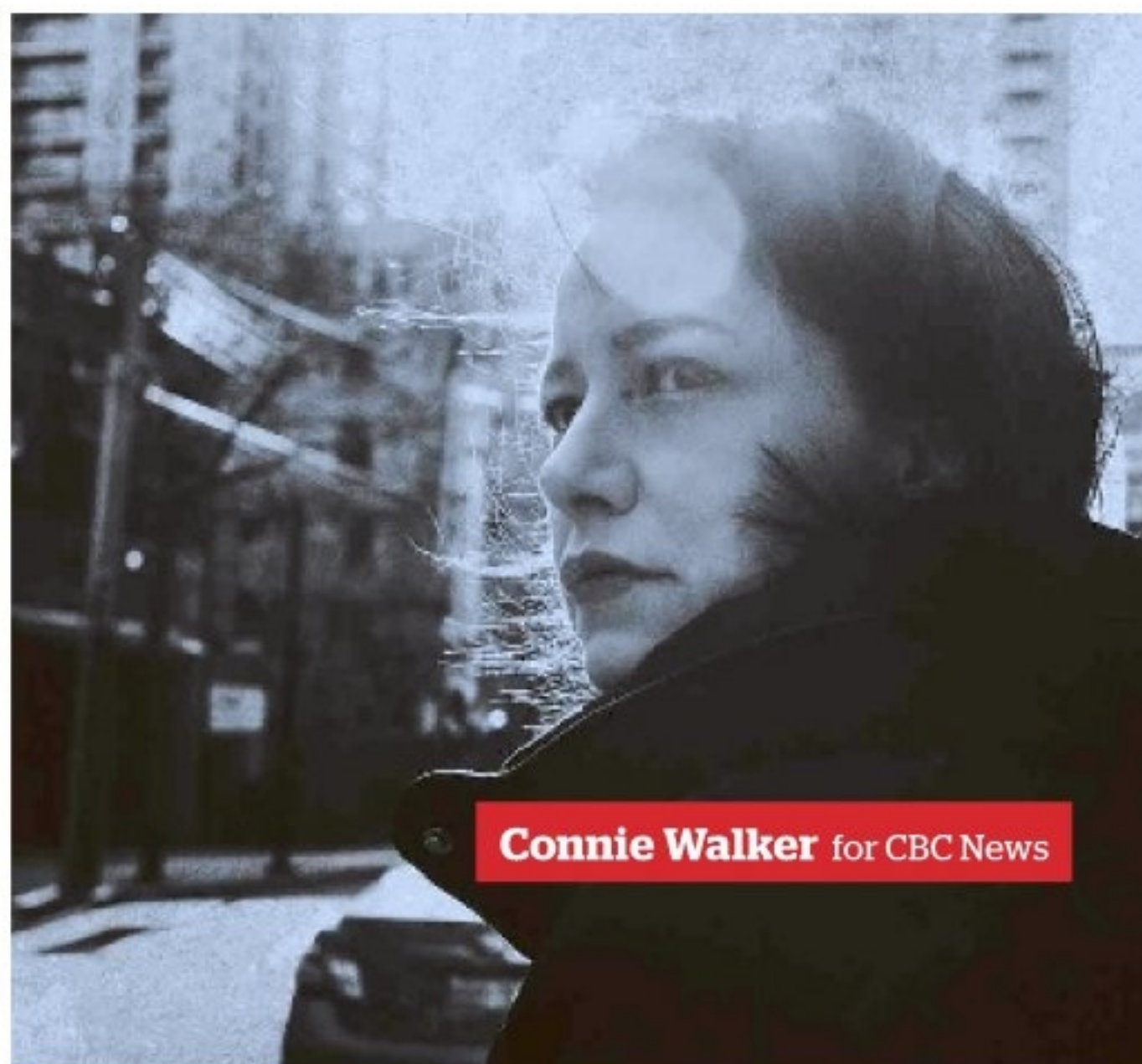
low chalk in front of the Bourse. Kennis said he was distraught by the sight of soldiers and heavy weaponry now commonplace across the Belgian capital.

"The minute we put soldiers in the street, they've won," he said.

At the centre of the square, a memorial was improvised out of flags, tea lights, balloons, flowers and — because this is Belgium — beer bottles.

Fouwels, a 47-year-old account director, smiled warmly when asked why she came. "Our whole life is in this city," said Fouwels, a Brussels native.

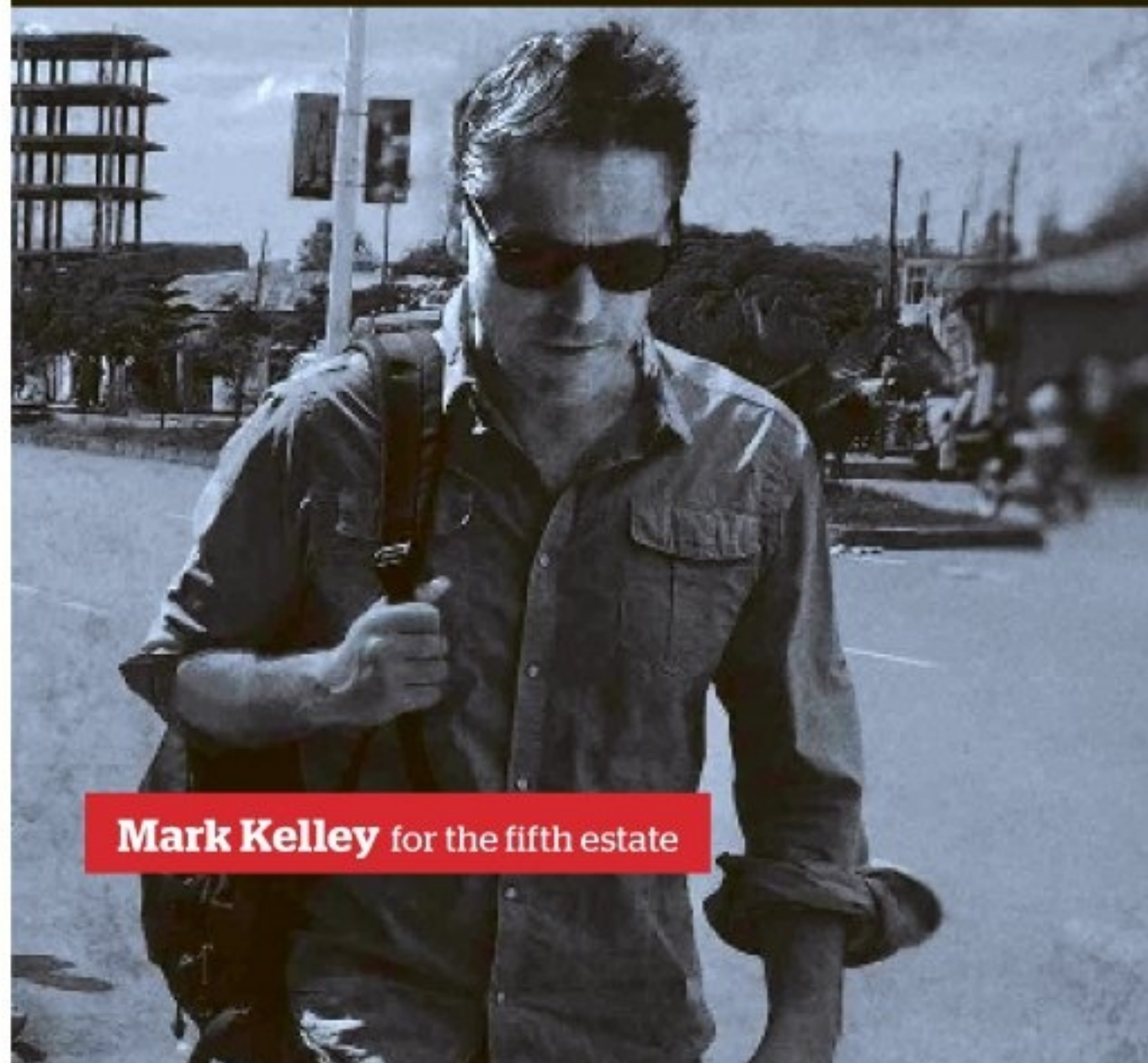
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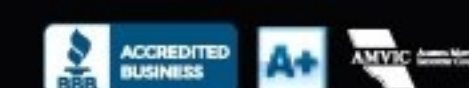
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TERRORIST ATTACK ON BRUSSELS

Fear is part of life in Europe

ALERT

Cities spared violence so far watching in trepidation

Paris, Copenhagen, Brussels. In just over a year three European capitals have been ravaged by bombs and gunfire.

After each attack life slowly returns to normal. But it's a new normal for Europe, where terror alerts are always on high and where people in cities so far spared major violence assume it's a matter of when, not if.

"With each atrocity that occurs we change," said Ian Duncan, a Scottish member of the European Parliament in Brussels. "We become less open. We pull down barriers and close doors. But it is a direction we are following now."

The carnage in Brussels on Tuesday came as Europe was still reeling from the November attacks in Paris that killed



A Belgian soldier patrols outside Brussels Central Station as people are allowed in groups of ten to reach the station to catch their commuter train following attacks in Brussels. AFP/GETTY IMAGES

130 people. In the following months France and Belgium have looked like countries at least partially at war, with soldiers in the streets, lockdowns and deadly shootouts

with militants.

The rest of Europe has watched with trepidation.

"These were attacks in Belgium. They could just as well be attacks in Britain or France

or Germany or elsewhere in Europe," British Prime Minister David Cameron told the BBC on Tuesday.

French President Francois Hollande said the attacks tar-

geted all of Europe and he warned of a long "war" ahead.

Though people in Western Europe have dealt with the threat of violence for decades, the idea that a "war" is playing out in their streets is hard to imagine. But the recent frequency and scale of attacks have made some Europeans feel that it's just something they have to get used to.

In Moscow, security has been tightened notably at everyday locations in the wake of a series of attacks in the past 15 years. There are metal detectors at the entrances to all subway stations, all passenger rail stations do luggage scans, most indoor shopping centres have metal detectors and glowering guards. Airports do luggage scans at the entrance.

In Western Europe people are more reluctant to trade civil liberties and an open society for more security. But after each attack that equation changes, said Catherine Muller, of the Institute of Development Studies in Brighton, England.

THE ASSOCIATED PRESS

UNITED STATES

Copycat attacks expected

The Obama administration stepped up security at major transit hubs across the country after Tuesday's airport and subway bombings in Brussels, as top U.S. intelligence officials warned of the risk for copycat attacks at home. President Barack Obama vowed to help Belgium track down those responsible for the deadly explosions.

Homeland Security Secretary Jeh Johnson stressed there is no "specific, credible intelligence" pointing to a similar plot in America, but he said the Transportation Security Administration would deploy additional security at major airports and rail stations in different cities.

Officials also reviewed additional security measures for travellers from Belgium, among more than three dozen countries whose citizens generally don't need a visa to enter the U.S.

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ROSEMARY WESTWOOD A VERY BIG NEWS DAY

WHEN OUR PURPOSE IS CLEAR

Sometimes, when a major story breaks, and then another major story breaks, and then a few medium-sized stories break — and all this happens before a long-scheduled announcement, which everyone thought would be the day's main story, is formally released — journalists are able to temporarily set aside their competitiveness and existential angst. For once, we're not trying to scoop each other and justify our existence. **We know what needs doing — we just need to do it**

The day began with the terrorist bombing in Brussels. A phone alarm ringing, the CNN breaking-news alert flashed red across the screen. At least 26 dead in two attacks (it would rise to 30), and many more injured.

The American network mocked for overplaying its breaking-news banner wasn't upselling this.

In the news business, it would be a big day. The kind of day where journalists around the world wrestle with one story, seek to make sense of one globally reverberating event. In their own ways, from their own perch on the world. Walking into work, you could imagine reporters in hundreds of cities, most especially in Europe, pushing open newsroom doors with the same questions on their mind: What happened in Brussels, how and why, and what will happen next? And how do we cover it?

How do we tell people what is going on?

Live-feeds began rolling: piecemeal and conflicting reports that slowly coalesced into a truer picture. Journalists hugged the bombing sites, reporting any and all details. One Sky News reporter was at the airport buying chocolate for his children, so close to the explosion that he could not only hear, but feel the blasts. "There was the smell — the sort of acrid smell of smoke. Instinctively we knew it was a terrorist attack. I didn't think it could be anything else," he later wrote.

Tuesday was the kind of day that feels worth it. When journalists aren't tolerated — they are needed. People need the context. They need the news.



It's in the wake of huge, emotionally charged stories like yesterday's violence in Brussels that the media most resembles the indispensable information commons that it purports to be. TWITTER

Then, by midday, Rob Ford's family had announced the popular-yet-detested, controversial-yet-engrossing, outsized-in-so-many-ways former mayor had died

after fighting the rare and aggressive form of cancer, pleomorphic liposarcoma.

Condolences from adversaries and friends flooded social media and were plucked by reporters to fill news-story soundbites. Colourful obituaries, the only kind imaginable for Ford, shot up on websites. Breaking-news specials, recorded in advanced, co-opted national networks.

Rob Ford: 1969-2016. Twitter says some were

celebrating the death, but I never saw it. I saw photos of lineups at city hall, where mourners waited to sign a condolence book. My colleague Jessica Smith Cross, at the scene, found supporters "already missing Ford," who had come to remember "the people's mayor."

The Toronto Star, vilified by Ford during his tenure, used soft language to report his death and encapsulate his impact on

city politics, really. Meanwhile, the family that managed to stay so out-of-the-headlines even while Ford was all the world could talk about, asked for privacy from the media.

They had lost a father/brother/son/uncle, after all. While the rest of us had only lost an avatar.

Across Toronto, there was again the feeling of reporters — on death watch since news on Thursday that Ford was in palliative care — collectively breathing in, and publishing the best take they had on Ford's legacy.

How were his passionate, hyper-loyal acolytes — Ford Nation — handling the news? What did his loss mean to them? Would they ever coalesce around a voice like that again? And are there other Rob Fords, in other Canadians cities, ready to upend politics-as-usual and unearth a hitherto silent but angry constituency?

Then: "F-k!" a colleague yelled, pushing back from his desk. "We have a pedestrian death, on top of everything."

By "everything," he also meant the much-anticipated federal budget, which, at around 4 p.m., pushed through many of the Liberals' campaign promises, billions on infrastructure, indigenous peoples and child care, along with something that wasn't promised: a much deeper deficit.

"Is the new Canada Child Benefit fair," one reporter tweeted, with a link to analysis, in one of hundreds of niche headlines to emerge. After the minister of finance finished his speech, premiers and mayors walked up to podiums to pronounce on their pet interests wrapped up in the \$300-billion budget, and the news cycle whirled on.

The day was a microcosm for our super-speed world, a tight 24 hours of information overload. "This might be the most newsy day of my entire career as a journalist," a desk mate quipped.

It was also the kind of day that feels worth it. When journalists aren't tolerated — they are needed. Something important has happened (or many things). People want to know what, exactly. People need the context. They need the news.

This is journalism's job. This was one of journalism's days. A day that saw less a competition among media outlets, than a collective effort to give our societies the desired facts: those essential building blocks of understanding, and agency.

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Alice Vaughan (Mireille Enos, left) is LA's top private investigator. She stars alongside Elvy Yost, right, in Shonda Rhimes' latest series *The Catch*. CONTRIBUTED

The Shondaland hit recipe

THE CATCH

How beloved Shonda Rhimes continuously cranks out hits

It's no secret that when it comes to successful Thursday-night dramas, producer, creator and writer extraordinaire Shonda Rhimes has the winning formula. ABC has dubbed Thursdays TGIT after her primetime lineup of shows — between *Grey's Anatomy*, *Scandal* and *How to Get Away with Murder* she's given viewers successful female characters and hired people of colour on a scale unlike any other. "Shonda just has a magic formula to make these shows that are beloved," says Mireille Enos, who debuts in Shondaland's latest show, *The*

Catch, on Thursday.

So what is that magic formula?

One part leading lady

Rhimes has always written (or taught her fellow showrunners to write) interesting and dynamic female characters. From the moment Ellen Pompeo walked the halls of Seattle Grace as Meredith Grey, she and the leading ladies who followed captivated a new wave of viewers with each debut. Now, the hospital on *Grey's Anatomy* is mostly run by females, Kerry Washington's Olivia Pope (at right) has the ear of the president anytime she chooses, and Viola Davis's Annalise Keating is one



of the most sought-after lawyers in the country. That trend continues with *The Catch*, as Enos's Alice Vaughan proves she's one of the best private investigators around.

Two parts newbies

Viewers have always entered Shondaland shows through fresh eyes. Adding in characters who would naturally have to ask questions allows for quick world-building while never talking down to viewers. We're talking about the interns of *Grey's Anatomy*, new *Gladiator* recruit Quinn (Katie Lowes) on *Scandal*, and the Keating Five on *How to Get Away with Murder*. While *The Catch* features a little less of that concept, new hire Sophie (Elvy Yost) allows

for the blanks to be filled in.

A sprinkle of hot men

The men on these series have always been more than arm candy. While some have come with muscles and dashing smiles (see Charlie Weber, left), others have won over viewers' hearts with their ability to let down their emotional guard. The latest male to join the melee is *The Catch*'s Benjamin Jones (Peter Krause). While his motives are unclear and he comes across as shady in the pilot, he quickly becomes an equal for Alice to tango with.

A generous helping of diversity

While there's still a long way to go, it's series like these that have begun to finally change the whitewashing Hollywood has demonstrated for far too long. TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

Debra Messing's diet detective show

THE SHOW: *The Mysteries of Laura*, Season 2, Episode 14
CTV/NBC

THE MOMENT: *The Mascara*

New York homicide detective Laura Diamond (Debra Messing) sits in a hospital waiting room with the wife of the Cuban ambassador, who fell ill on a diplomatic mission. Though he's in surgery, his wife serenely applies make-up.

"When Jake was in surgery, I was a mess," Laura whispers to a colleague about her wise-cracking ex-husband, played by Josh Lucas.

"But she's so calm. Too calm!"

Laura continues thinking out loud: And she put on mascara — waterproof mascara. Because she's preparing to cry! Because she knows he's going to die! Because she and his surgeon are lovers! And they're going to kill him!

She rushes into the OR, gun raised. She's right about everything.

Oh, Laura, you adorable smarty-pants! Earlier this week I wrote about another woman cop

show, the British series *Happy Valley*.

You are the American cartoon version: *Diet Cop*. *Cop Lite*.

You're always sighing about your complicated life; a single mother, you work with your ex, whom you still love. (When you and he watch surveillance videos, you tussle cutely for the remote.)

Yet your curls cascade down your back like a hair model's and your flannel shirts are more precisely fitted than most Oscar gowns.

There are two kinds of cop shows, Laura: the cable kind, with tortured outcomes, where everyone is smarter than the audience; and yours, with simple (waterproof!) outcomes that make the audience feel smart along with you.

You're as unthreatening as applesauce.

So the mystery of your popularity — why, it's no mystery at all.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Debra Messing, with curls cascading down her back, stars in a cop show as threatening as apple sauce. CONTRIBUTED

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THIS WEEK: Drink mixers

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Sugar 0 g



SKIP THIS
Gin and tonic

Calories 207
Fat 0 g
Carbohydrates 15 g
Sugar 14.3 g



HERE'S WHY



Equivalent in sugar to 7 Old Fashion Timbits

Club soda and tonic water are popular mixes for cocktails, and many of us assume that tonic water is similar to club soda in ingredients and nutrients. However, the bitter-tasting tonic water is more like other sugar-filled beverages, like pop. In fact, one glass of gin & tonic serves up as much sugar as seven Old Fashion Timbits in sugar. For a mix that's sugar-free, pick up club soda, which is just carbonated water. Bottoms up!

RECIPE

Spicy cold milk for hot Holi

This week Hindus celebrate Holi, the festival of colours most recognized worldwide by the sight of people throwing brightly coloured powders at each other. Thandai, a cold, spiced milk provides some relief to revellers when much of India is experiencing temperatures well past 30C.

Typically thandai contains "bhang," a form of cannabis, but we'll wait for the green light from Prime Minister Trudeau before we add that to the recipe. If you want a more legal buzz, try spiking it with vodka.

You can find melon seeds, more accurately the dried seeds of muskmelons, at Indian grocers under the name "magaz" or "char magaz" but if you can't find them, omit from the recipe.

Thandai

Makes 4 servings.

Ingredients:

- 1/2 cup ground almonds
- 1/4 cup water, plus more for thinning out drink
- 1 1/2 tsp black peppercorns
- 1 1/2 tsp ground ginger
- 1 Tbsp fennel seeds
- 2 Tbsp white poppy seeds
- 8 green cardamom pods



Thandai is reminiscent of chai. KARON LUI/TORSTAR NEWS SERVICE

- 3 Tbsp melon seeds
- 10 shelled pistachios
- 1 1/2 cup whole milk
- 5 Tbsp granulated sugar
- 1 small pinch saffron strands
- Rose petals, for garnish
- Ice

Directions:

1. In a small mixing bowl, whisk together ground almonds and water until a smooth paste forms. Set aside.

2. In a spice grinder, grind peppercorns, ginger, fennel seeds, poppy seeds, carda-

mom pods, melon seeds and pistachios into a fine powder. Set aside.

3. In a saucepan over medium heat, bring milk, sugar and saffron to a gentle simmer. Whisk until sugar has dissolved. Add ground spices and almond paste. Whisk until smooth. Strain with a fine mesh sieve if desired.

4. Pour into pitcher. Dilute with water to taste. Refrigerate till cold and serve over ice. Garnish with rose petals, if using. TORSTAR NEWS SERVICE

RECEPTIONIST/SALES COORDINATOR

Reporting to the Administrative Specialist and Business Project Coordinator, Western Canada, the right candidate will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Edmonton operation. As well as provide operational and executive support to the Sales Manager, Metro Edmonton and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:

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REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than April 3, 2016. PLEASE QUOTE: "Receptionist/Sales Coordinator - Edmonton" in the subject line. All submissions will be treated as confidential.



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Budget delivers artists a break

The Liberals are investing more than \$1.9 billion in arts and culture over the next five years. Beyond an additional \$575 million in cultural infrastructure funding (for museums and heritage sites), the budget allocates money to bodies that distribute grants and commission work. It's good news for young artists. **MEGAN HAYNES/METRO**

MACKENZIE DONALDSON FILMMAKER

Canadian cinema relies almost exclusively on grants and organizations like Telefilm or the Independent Production Fund for financing. But it can be hard for filmmakers to get in on the action. Mackenzie Donaldson, 28, of Toronto, personally financed her first two short films.

It wasn't until she came on board in 2014 to produce the critically acclaimed web series *Whatever, Linda*, which follows secretaries running a Ponzi scheme in the 1970s, that she was able to access any third-party financing. Her next project, a feature-length film based on a Susan Swan novel, just received funding from Telefilm.

"That money just makes it so much easier to carve out the time (to work on the film), pay our writers. Now this project has a future," says Mackenzie, of Toronto. "Competition (for funding) is fierce, but raising up the young producers and filmmakers in this country is vital for the future of Canadian cinema. It's hugely important that money exists."



LIZ BEDDALL/METRO

JENNIFER CRIGHTON ARTIST

Calgary-based Jennifer Crighton, 35, isn't a starving artist. But she's not exactly rolling in the dough. The musician and visual artist has a salaried job with the Calgary International Film Festival, but her art shows only pay \$200 (which is not a lot considering how much work goes into creating her art), and music gigs inconsistently pay anywhere from \$50 to \$400.

But more funding at the federal level isn't necessarily going to change things, she says.

Grants, one of the more common ways artists can access federal money, are difficult to get. What's more, the funds usually only pay for the artistic project itself, leaving little to line the creators' pockets.

"It's hard to make good work if you're worried about paying for it," she says. "The best way to make sure you're getting good work is to guarantee the artists' fees first."



KENNETH APPLEBY/METRO

KEATON LEIER DANCER

Keaton Leier, a 19-year-old from Saskatoon, is in his final year of training at the Royal Winnipeg Ballet School and looking for his next opportunity on the stage. He plans to pursue a career as a ballet dancer — a daunting task considering the limited spots in Canada or around the world. It's also not a particularly lucrative career. The majority of professional dancers earn less than \$50,000, and that varies by company and position.

Training is expensive: the seven-year program costs more than \$154,000.

Leier has received some federally funded scholarships over the years, but roughly 50 per cent of his financing comes from private donors. Increased federal funding could provide a sense of stability, he says, since private donors don't have to recommit year-over-year.

Overall, Leier is grateful for whatever money flows through the arts. "I wouldn't be the same dancer I am now if it weren't for these scholarships," he says.



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A BREAKDOWN OF NEW FUNDS

WHAT WAS PROMISED

The Liberal party promised to reinvest in the CBC to the tune of \$75 million additional funding in 2016, and up to \$150 million in annual funding by 2017.

The Liberal government promised to double the budget for the Canadian Council of the arts, which provides grants to artists and musicians across Canada. It promised \$90 million in 2016, and then an additional \$180 million by 2017.

The Liberals also said they would provide \$10 million in funding for international arts and cultural exchange programs for 2016, and then an additional \$25 million in funding in 2017 and 2018.

During the campaign both Telefilm and the National Film Board, which fund Canadian cinema, were promised an additional \$25 million annually between the two organizations.

WHAT THEY DELIVERED

The CBC saw its promised \$75 million for 2016, and another \$150 million for each year after until 2021.

The CCA will receive \$40 million in 2016, and an additional \$75 million in 2017. It won't be until 2020 that it sees its budget doubled. While this is less than what was promised, Simon Brault, CEO and director of the CCA, said a priority will remain on increasing opportunities for youth and indigenous voices in the arts community.

There will be \$10 million in the first year for international exchanges, and \$25 million in 2017. A focus for the funding will be on the upcoming Canada 150 celebration.

Telefilm will receive an additional \$22 million divided over the next five years with \$2 million this year, while the NFB will receive \$13.5 million, with \$1.5 million in 2016.

DID THE BUDGET MEET EXPECTATIONS?

“It's really pleasing to see after so many years of funding cuts, you have a government willing to make an investment in cultural creation. Our hope is some of it will be earmarked for Canadian original independent productions with Canadian talent.” Elliott Anderson, acting director of public policy research and communication, ACTRA



“The (CCA's) budget will be doubled. It will take five years, as opposed to two, but it means the Canada Council can align its strategic plan over the next five years with the reinvestment by the government. It's a great day for the arts.”

Simon Brault, CEO and director, Canada Council for the Arts



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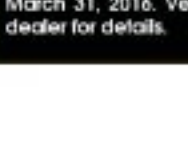
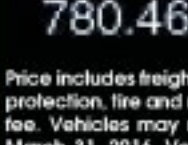
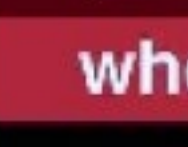
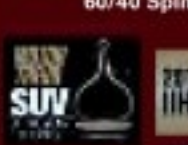
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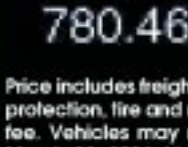
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RECIPE SPIRALIZE NOW!

A turkey burger twist



In this book are 80 inspiring recipes for the spiralizer. With a spiralizer you can create delicious and nutrient-packed spirals of fruit and vegetables.

Transform high-calorie home cooking into light "pasta" and much more made from fresh ingredients.

Moroccan Turkey Burgers

Ingredients for the burgers

- 1 large zucchini, ends trimmed and halved crosswise
- 1 lb (500 g) lean ground turkey or chicken breast
- 4 green onions, chopped
- 1 garlic clove, crushed
- 2 tablespoons chopped mint
- 2 tablespoons chopped cilantro
- 1 tablespoon harissa paste
- 2 teaspoons ground cumin
- 1 egg, beaten
- 1 teaspoon salt
- Freshly ground black pepper
- 1 tablespoon sunflower oil, for brushing

For the sumac-yogurt dip

- 7 oz (200 g) plain Greek yogurt
- 1 garlic clove, crushed
- Grated zest and juice of ½ organic lemon
- 1 tablespoon sumac
- Salt and freshly ground pepper to taste

Directions

1. Using a spiralizer fitted with a 3 mm (1/8 inch) spaghetti blade, spiralize the zucchini.
2. Place the ground turkey or chicken, green onions, garlic, mint, cilantro, harissa, cumin, egg, salt and pepper to taste in a large bowl and use your hands to mix the ingredients together.
3. Divide the mixture into 6 portions and shape into large patties.



4. Transfer the patties to a plate and chill in the refrigerator for 15 minutes. Preheat the broiler.
5. Place the patties on a non-stick baking sheet and brush the patties with a little oil.
6. Cook the patties under the broiler for 6-7 minutes on each side or until cooked

7. While the burgers are cooking, make the dip. Place the yogurt, garlic, lemon zest and juice, and sumac in a small bowl, mix together and season to taste.
8. Serve the burgers hot with the sumac-yogurt dip alongside.

EXCERPT COURTESY OF SPIRALIZE NOW! 80 DELICIOUS, HEALTHY RECIPES FOR YOUR SPIRALIZER (OCTOPUS PUBLISHING GROUP LTD.) \$25.99 CAN.

FESTIVAL

Empowerment of women in Hot Docs lineup

A five-episode look at the O.J. Simpson trial and a profile of motivational speaker Tony Robbins are among the projects screening at this year's Hot Docs festival in Toronto, which will open with Toronto director Rama Rau's profile of aging burlesque dancers in Las Vegas.

O.J. Simpson: Made in America director Ezra Edelman is expected to be at the Toronto fest along with New York Times sports columnist Robert Lipsyte and a "special guest." The title is sure to be a buzzy one, as it comes on the heels of the hit FX drama The People v. O.J. Simpson: American Crime Story.

"What drew us to the series was just how damn good it is, what a great story it is, and this perspective 20-plus years later on a case that anyone that was around knew about, was engaged by, was dipping into," said Shane Smith, Hot Docs director of programming.

"It's beautifully constructed,



Alethea Arnaquq-Baril's doc Angry Inuk looks at how Inuit have been affected by animal-rights campaigns that focus on seal hunting in Canada. THE CANADIAN PRESS

it's really smart, it delves into racial issues at the time, the creation of celebrity, the myth of celebrity."

Robbins is also expected to attend the fest, along with director Joe Berlinger, for Tony Robbins: I Am Not Your Guru.

The Hot Docs Canadian International Documentary Festival kicks off April 28 with Rau's

League of Exotique Dancers, about Burlesque Hall of Fame members who still perform on stage.

"It has entertainment, sex, issues, comedy, humour — it's got everything that a film could possibly have," said Rau.

"And the women are absolutely amazing. They are the ones who really make this film, so I

think it's really great that Hot Docs has chosen this for opening night. It will set the tone for the festival."

Indeed, the empowerment of women is felt in several films at the fest, which has 232 titles from a festival-high 51 countries.

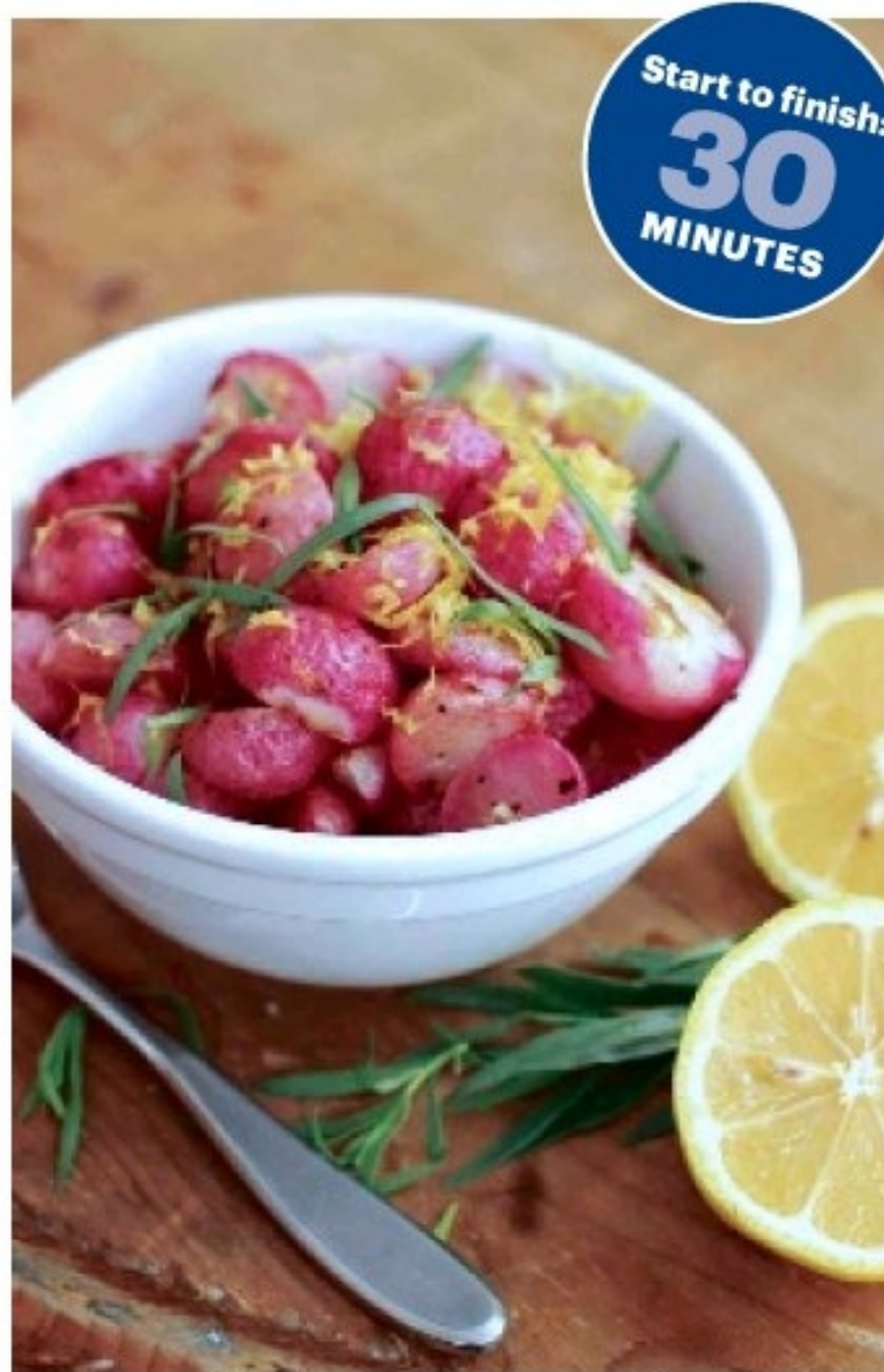
Other examples include director Tiffany Hsiung's The Apology, about former "comfort women," a euphemism given to over 200,000 young girls and women who were forced into sexual slavery by the Imperial Japanese Army during the Second World War.

"It's a story that really touches on the contemporary fight for justice and the fight against their own silence and shame," said Hsiung.

Alethea Arnaquq-Baril's "Angry Inuk" looks at how Inuit have been affected by animal-rights campaigns that focus on seal hunting in Canada.

The fest runs through May 8.

THE CANADIAN PRESS



Lemon zest and tarragon leaves add a surprising spring zing to Butter Roasted Radishes. THE ASSOCIATED PRESS

Start to finish:
30
MINUTES

Radically delish roast radish dish

RECIPE

Sharp root veg takes on fresh spring taste that's perfect for Easter

Easter sides are depressingly predictable. There will be asparagus, of course. If you're lucky, there might even be three or four variations of asparagus. And there will be peas. And gratin potatoes. And probably some sort of salad that most people will only eat to be polite. Not that there's anything wrong with any of this.

It's just that it would be nice to offer something... different. So we'll help you with this one.

Try butter roasted radishes with tarragon and lemon. It's a simple dish that comes together in minutes, but has a wonderful flavour that is both rich and light and lemony — the perfect combination for spring.

Butter Roasted Radishes with Tarragon and Lemon

Servings: 6

Ingredients:

- 2 pounds radishes, halved
- 3 Tbsp butter, melted
- kosher salt and ground black pepper
- zest of 1 lemon
- 2 Tbsp chopped fresh tarragon

Directions:

1. Heat the oven to 375 F.
2. Pile the radish halves in the centre of a rimmed baking sheet. Drizzle with the butter and toss to coat. Sprinkle with salt and pepper.
3. Roast for 20 minutes, or until tender and lightly browned.
4. Arrange on a platter, then sprinkle with the lemon zest and tarragon.

5. Serve warm or at room temperature.



Nutritional info per serving:

80 calories; 50 calories from fat (63 per cent of total calories); 6 g fat (3.5 g saturated; 0 g trans fats); 15 mg cholesterol; 220 mg sodium; 5 g carbohydrate; 2 g fibre; 3 g sugar; 1 g protein. THE ASSOCIATED PRESS

EASTER WINE

Chocolate bunny gets a sophisticated pairing

Easter is really the only time of the year I bite the bunny and purchase chocolate. And, I like to wash down my confections with a glass or two of vino.

When it comes to milk chocolate, something boozy or sweet or both make a great pairing. A tawny port or sweeter sherry share both qualities, while the nectar-like goodness of a dessert wine, like a French Sauternes, makes a decadent marriage.

For a more mainstream match try a white made with the Moscato grape and reds from Pinot Noir or old vines Zinfandel.

California's Meiomi 2013 Pinot Noir (\$24.95 - \$29.99) is a mouthful of rich, thick berry fruit with a creamy quality that not only charms chocolate, it's poultry and ham friendly, too if you can save any for Easter dinner.

PETER ROCKWELL/FOR METRO

Prices reflect the range across the country. Some products may not be available in all provinces.



FRENCH WINES

Vineyards hit by climate change

Climate change has pushed French wines into uncharted territory, and could force producers to relocate, or abandon the grapes that helped to make their vineyards famous, scientists said Monday.

Since 1980, growing conditions in northern climes such as Champagne and Burgundy, as well as in sun-drenched Bordeaux, have fundamentally changed the "harvest equation" that defined these storied regions, they reported in Nature Climate Change.

"For much of France, local climates have been relatively stable for hundreds or thousands of years," said Elizabeth Wolkovich, an assistant professor of evolutionary biology at Harvard University and co-author of the study.

"But that is shifting with climate change," she told AFP.

Many ingredients go into great winemaking: soil, grape variety, slope, exposure to the Sun, along with savoir faire in the vineyards and the cellar.

But exceptional vintages have historically also required an early harvest produced by abundant spring rains, hot summers, and a late-season drought.

Using meticulous records dating back to 1600, Wolkovich and Benjamin Cook, a climate scientist at Columbia University's Lamont-Doherty Earth Observatory in New York City and lead author of the study, and found harvest dates have

ONCE-IN-A-CENTURY VINTAGES

France's signature grapes face identity crisis

For France as a whole, temperatures have warmed by about 1.5 degrees Celsius (2.7 degrees Fahrenheit) over the 20th century, and the mercury is still rising.

In the short term, that has produced some "grands millesimes," the French term for stand-out years.

For Bordeaux, 1990, 2005 and 2010 have all been described as once-a-century vintages, while in Burgundy 2005 and 2009 are said to hold exceptional promise.

But in the long run — measured in decades — these conditions may evolve into something far less favourable, the study warned.

"If we keep warming, the globe will reach a tipping point," said Wolkovich, pointing to what happened in 2003.

During that summer, the thermometer climbed past 40C (104F) on half-a-dozen days in the Bordeaux region in early August.

"That may be a good indicator of where we are headed," she added. "If we keep pushing the heat up, vineyards can't maintain that forever."

In France, signature grape varieties — pinot noir in Burgundy, and Merlot in Bordeaux — will no longer be as well-adapted.

French wines such as Champagne, Sauternes, Margaux or Saint-Emilion are grown only in authorized areas and according to rules about which grape varieties can be used in what proportions.

For many wine-makers, changing these rules is tantamount to changing the identity of the wine.

moved up by two full weeks since 1980 compared to the average for the preceding 400 years. AFP

city's Lamont-Doherty Earth Observatory in New York City and lead author of the study, and found harvest dates have

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EV with a gas-fueled guardian angel



THE CHECKLIST | 2016 CHEVROLET VOLT

THE BASICS

Type. Five-door, FWD, compact hatchback
Power. 1.5-litre I4 with twin electric motors (149 combined hp)
Transmissions. One-speed electric automatic
Base price (not including PDI & Freight). \$40,090

COOL FEATURES

- When charging preference set to "home," Volt automatically adjusts to that setting, when GPS data determines you are "home."
- Charge port plugs blue.
- Selectable "Mountain Mode" will leave battery reserves untouched, so you could use them at a better or later time.



VOLT PHOTOS MIKE GOETZ/FOR METRO; ALL OTHERS HANDOUT

POINTS

- Qualifies for Green Car rebates in B.C., Ontario, and Quebec.
- All-new, second-generation format for 2016 has increased EV range (up to 80 km)
- New styling is sharp, but with less emphasis on broadcasting itself as an EV.

MARKET POSITION

- First EV on the market to feature a "range extender" gasoline engine.
- Unlike other EVs, could easily work as a family's sole vehicle and/or for long trips.
- Targeted to those who are love the idea of an EV, but are prone to range anxiety.

THE COMPETITION



Nissan Leaf
Base price: \$32,698



BMW i3
Base price: \$45,300



Tesla Model X
Base price: \$75,000

REVIEW

New-gen Volt surprisingly simple to operate

Mike Goetz
For Metro Canada



The all-new Chevrolet Volt introduced for model-year 2016 is many kilometres better than its predecessor.

We can actually peg it to 20 kilometres better, as its potential all-electric kilometre range is now up to 80-ish, from 60-ish. Unlike other hybrids, the gas engine in the Volt is designed and designated as a "range extender" for the electric drivetrain. The gas engine is not directly engaged to the drive wheels. When the engine runs, it always turns a generator, which in turn sends electricity to the motor wheels directly, or to the battery, or both. In any scenario, the Volt is always being propelled by its electric motors.

It feels like Volt engineers went through much analysis and brain sweat, before deciding on the final size and power of the gas engine, battery pack, and electric motors, because each affects the other so much, and the resulting price point and electric performance of the eventual car.

Ultimately they came up with a 1.5-litre engine of "regular" sophistication that runs on regular gas, and an electric powertrain featuring an 18kWh battery pack with 192 cells, and two motors. The electric bits are considerably

more powerful, and lighter, than their predecessors.

All this gives Volt noticeably more electric "jump" from a dead stop, and more electric range.

Combined with a body structure that is stronger and quieter, the combined effect is a Volt that is much more refined in feel and ride.

Volt can now seat five, instead of four, but the rear middle position is brutal. If you drew the short straw and end up there, you will be splaying your legs, to place one foot on either side of a tunnel, where part of the battery pack resides.

Up front it is decidedly better, with an all-new interface that does away with the previous car's irksome touchscreen.

Under electric mode the Volt is extremely quiet and quite powerful. The gas engine kicks in smoothly, but it doesn't add anything to the experience, acting as it does on its own schedule, to keep supplying electrical juice. The main goodness of the Volt happens when it's operating in sole electric mode.

I had the Volt during a cold spell. I found myself constantly wondering how much of my limited electrical reserves to use for cabin heat, versus range. The combination of cold temps and lots of highway miles, meant my electric range for a full charge was nowhere near 80 kms.

But overall, the Volt is impressive. With its bigger EV range, many more drivers can go petroleum-free for commutes, and Volt still gives you the option of using it for longer trips — an easy and satisfying way to transition to EV culture.

SAFETY

U.S. puts the emergency brakes on

U.S. traffic safety authorities announced Thursday a voluntary deal with automakers to make automatic emergency braking a standard feature on new cars within the next seven years.

The commitment by 20 automakers, representing more than 99 per cent of the U.S. auto market, will make the safety technology a standard feature on cars and light trucks no later than late 2022, the National Highway Traffic Safety Administration (NHTSA) said.

It will become standard on heavier trucks three years later.

Automatic emergency braking (AEB) systems help prevent crashes or diminish their severity by applying the brakes for the driver.

Sensors including radar, cameras and lasers warn the driver of an impending crash, and the brakes engage when the driver fails to take sufficient and timely action to prevent it.

Automakers that agreed to the commitment are Audi, BMW, FCA US, Ford, General Motors, Honda, Hyundai, Jaguar Land Rover, Kia, Maserati, Mazda, Mercedes-Benz, Mitsubishi Mo-

tors, Nissan, Porsche, Subaru, Tesla Motors, Toyota, Volkswagen and Volvo Car USA.

"By proactively making emergency braking systems standard equipment on their vehicles, these 20 automakers will help prevent thousands of crashes and save lives," said U.S. Transportation Secretary Anthony Foxx in a statement.

"It's a win for safety and a win for consumers."

The head of the NHTSA, Mark Rosekind, sought to deflect criticism of the voluntary nature of the commitment, saying it

would make AEB standard on new cars three years faster than a regulatory process. According to the Insurance Institute for Highway Safety, the accelerated process will prevent some 28,000 crashes and 12,000 injuries.

"A commitment of this magnitude is unprecedented, and it will bring more safety to more Americans sooner," Rosekind said.

In January, a group of consumer advocates petitioned the NHTSA to seek a mandatory AEB standard rather than a corporate pledge. AFP



Automatic emergency braking systems help prevent crashes or diminish their severity. SHUTTERSTOCK

Meet the 2016 Toyota Prius

If you were expecting revelation with the new Prius, you'll instead have to settle for refinement of the entire package. Fuel economy is claimed to be improved by about 10 per cent, the hybrid components are lighter and more compact, better interior materials are in play, it's quieter and the car is designed to have a better ride and drive quality. **JEFF MELNYCHUK** WHEELBASE MEDIA

1 Display

Driver display is not in line with the field of vision. "Normal" mode displays a blue background and the "Power" setting shows as red. The latter forgoes fuel economy for a bit more acceleration.

2 Engine

The 1.8-litre four-cylinder engine is quieter and has lower internal friction than before, which means that it's more efficient.

3 Interior

Flexible interior space and a full cargo area as the battery pack is located under the rear seat.

4 Design

Toyota says the design (probably the front) was inspired by a runner in the starting blocks. Total system output is not known, but it won't be all that athletic (around 150 horsepower). There's more glass area in the back for better visibility.

5 Grille

Automatic grille shutters close to block out air when cooling is not needed.

SOURCE: TOYOTA



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CHANGES

Putting the surprise back into predictable F1 racing

The longest season in Formula One history also risks becoming its most extended test of patience if efforts to shake up the sport fall flat.

Last year was so predictable that even F1 supremo Bernie Ecclestone called it "boring," while runaway winner Lewis Hamilton agreed the crisis-prone sport was "broken."

With a record 21 races in 2016, organizers have been searching hard for ways to boost flagging viewing figures for a series which is too often dominated by one team.

The nightmare scenario another parade for Mercedes, whose drivers Hamilton and Nico Rosberg won 16 of the 19 grands prix last year and only missed pole position once.

Pre-season testing in which Mercedes clocked 6,024 kilometres, nearly a third more than their closest rivals Ferrari, cast a sense of foreboding over last week's season start in Melbourne, where Rosberg took the top position again for Mercedes.

Chief among the innovations is a much-debated new qualifying format, which steadily eliminates cars one by one and finishes in a top-two shoot-out.



Bernie Ecclestone, Formula One chief executive, poses for a selfie at the launch of the Lost Yeti Hunters - Mongol Rally. AFP

But the new system doesn't look like it will have much impact on the quickest drivers, with Rosberg admitting last week he had not even bothered to look at it.

One fear is that it will introduce even more complexity to a sport already heavy on technicalities.

Toro Rosso's Carlos Sainz Jr said: "I read them (qualifying regulations) very briefly and I didn't understand them."

"I just hope that the fans that are not big fans of Formula One and just turn on their TV on Sunday understand it and

they know what's happening," he added, according to Autosport.com.

'Not remote-controlled'

The cars should at least make more noise this year, with twin exhausts introduced after complaints from petrol-heads that the hybrid F1 engines were simply too quiet.

A big cut in radio communications will make a genuine difference, forcing drivers to make decisions rather than rely on their data-crunching teams in the pitlane.

AFP

Georgia's Dominique Wilkins and Doug Collins of Illinois State will be inducted into the National Collegiate Basketball Hall of Fame this fall

TERROR IN BELGIUM

Brussels attacks put fear in football

Belgium's national soccer team called off a practice session in Brussels on Tuesday after the city was hit by what authorities are calling terror attacks.

"Our thoughts are with the victims. Football is not important today," the Belgian soccer federation wrote in a Twitter message. "Training cancelled."

Belgium will host Portugal in a friendly match next Tuesday at the King Baudouin Stadium in Brussels, where the practice was scheduled. The game is a warmup for this year's European Championship.

Belgium captain Vincent Kompany wrote on Twitter that he was "horrified and revolted" by the attacks.

"I wish for Brussels to act with dignity. We are all hurting, yet we must reject hate and its preachers. As hard as it may be," Kompany wrote.

Three explosions early Tuesday at the Brussels airport and the Maelbeek metro station

near European Union offices have been called terror attacks by Belgian authorities.

One international soccer player was at the Zaventem airport where two explosions were reported. Norwich forward Dieumerci Mbokani, who is from Congo, was "unharmed but shaken by the tragic events," the English club said in a statement.

Mbokani was visiting family in Brussels, where he played for Anderlecht for two seasons until 2013. THE ASSOCIATED PRESS

10,000

Organizers announced last month that about 10,000 people had been privately hired for security for this Summer's European Championship in France.

TERROR IN BELGIUM

NBA icon Mutombo survives unscathed

NBA Hall of Famer Dikembe Mutombo was at the Brussels airport during a deadly terror attack early Tuesday.

Mutombo posted two messages on his Facebook page to let everyone know he was not injured. The Atlanta Hawks confirmed that he was in Belgium when the terrorists struck at both the airport and on a subway, killing at least 34 people

and wounding scores.

Mutombo posted one photo showing people walking around outside the airport, accompanied by the message, "God is good. I am in Brussels Airport with this craziness. I am fine." He followed with a selfie and another message, "Thank you everyone. I am safe here. God is good."

THE ASSOCIATED PRESS

SPORTS AND POLITICS

New York state approves mixed martial arts

New York's Assembly voted 113-25 Tuesday to legalize mixed martial arts, clearing the way for fights late this year and expanding the combat sport into the last state to still prohibit it.

Gov. Andrew Cuomo supports legalizing the combination of wrestling, kickboxing and judo. But critics call MMA too violent and like football and boxing prone to causing

concussions and head injuries. Advocates say it has evolved from rougher early days with more rules to protect fighters, who are trained professionals.

"What we seek to do is essentially take the sport out of the shadows in New York," said assemblyman Joseph Morelle, the lead sponsor before the bill was overwhelmingly approved in a big win for the UFC, the leading organizing body for MMA globally.

THE ASSOCIATED PRESS



MLB HAVANA GAME BRINGS U.S.-CUBA TOGETHER In a landmark game attended by presidents Barack Obama and Raul Castro, the Tampa Bay Rays beat the Cuban national team 4-1 Tuesday in the first visit by a major league team to the island since 1999. GETTY IMAGES



Canada keeps it cool as ice thins on rivals

CURLING

It's heavy but Carey and co. double up Italy and Germany

Canada's greatest opponent is proving to be the ice it plays on.

Chelsea Carey won a tense game for a 5-4 victory over Italy's Federica Apollonio on Tuesday afternoon in Draw 10 of the women's curling world championship, hours after beating Germany's Daniela Driendl.

Carey (6-1) said after the second game that dropping temperatures outside and the humidity from all the fans in the stands at the Credit Union iPLEX made the ice difficult to play on.

"It's just too heavy, it's just so heavy and frosty," said Carey of the ice. "In the mornings it's great, like this morning was wonderful, the ice was fantastic. It's really conducive, it's what you'd expect."

"It's tough here. It must be the weather and the crowds.



Canada third Amy Nixon, left, and Chelsea Carey speak during Tuesday's early game. JONATHAN HAYWARD/THE CANADIAN PRESS

The crowds are fantastic but all those people in the building heats everything up and the frost just creeps in."

Apollonio's rink (0-6) offered handshakes in the 10th end after missing a takeout when their last stone slowed up.

"It was a little bit of a struggle out there today," said second Jocelyn Peterman. "But we pulled it off so we're happy."

"The ice was just a little heavier than we're used to. It was a struggle in all senses. There was a lot of sweeping."

The heavy ice conditions made its presence felt almost immediately as Carey came up short on a draw attempt in the

first end, but Canada was sitting single for an early 1-0 lead.

"I looked like a fool in the first end," said Carey. "I threw it exactly how we wanted me to and I looked like an idiot because I came up 10 feet short. That's really hard to deal with mentally."

Italy replied with a single of its own in the second but the Canadians reclaimed the lead with a point in the third. Apollonio hit for a single in the fourth to keep it 2-2, then Carey didn't put enough weight behind her takeout in the fifth end for a 3-2 Italian lead at the break.

Carey blanked in the sixth

end to keep the hammer, then drew in to score a deuce in the seventh to take a 4-3 lead. A blank by Italy in the eighth maintained the Canadian lead and with a single in the ninth Apollonio tied it 4-4.

Earlier in the day, Carey's Calgary-based rink took advantage of steals in the seventh and eighth ends to pull away from Germany (3-3).

Canada opened with a single in the first end, but Driendl replied with an easy draw in the second to tie the game. The teams blanked the third end and Carey added a single in the fourth to take a 2-1 lead.

Driendl threw a takeout in the fifth end for three points but Carey replied with a deuce in the sixth to tie it 4-4.

Canada stole a point in the seventh when Germany missed on a takeout attempt.

Driendl's woes continued in the eighth end when she hit a guard on her final rock, giving Canada another steal.

Germany used a light tap to cut into Canada's lead in the ninth end, but that handed Carey the hammer to close out the game. THE CANADIAN PRESS

NFL MEETINGS

Chop block banned, converts stay at 15

The chop block has been entirely outlawed from NFL games, and extra-point kicks snapped from the 15-yard line are now permanent.

NFL owners voted Tuesday in Boca Raton, Fla., to approve both those proposals by the competition committee. They also passed a resolution to expand what is a horse-collar tackle to cover the nameplate on the back of jerseys.

In all, seven rule proposals were approved. The others involved coach-to-player communications from the sideline as well as the press box; adding a delay-of-game penalty to a team that calls a timeout

when it has none remaining; removing a five-yard penalty for a receiver illegally touching a pass after being out of bounds; and eliminating multiple spots of enforcement for a double foul after a change of possession.

The chop block, in which a player blocks an opponent low while the opponent is engaged high with another player, had become more limited in the league because of various rule changes. Now, all forms of it have been banned, with violators drawing a 15-yard penalty.

The competition committee felt it was a dangerous play.

THE ASSOCIATED PRESS

IN BRIEF

49ers sign guard Beadles

The San Francisco 49ers signed veteran guard Zane Beadles to a three-year contract Tuesday.

Beadles, 29, has started all 16 games in each of the past five seasons.

He will help fill a void after Alex Boone's departure to the Vikings in free agency.

Beadles was a second-round draft pick by the

Broncos in 2010 out of Utah.

THE ASSOCIATED PRESS

NFLers chipped for data

NFL teams soon will be breaking down a whole new set of stats.

The information from the Radio Frequency Identification (RFID) chips players wore during the 2015 season will be available to teams in May.

THE ASSOCIATED PRESS

Canadian turns NFL, CFL heads on pro day

FOOTBALL

Tevaun Smith's 4.33 time in 40 just one of many fine stats

Vince Magri knew Tevaun Smith was quick, he just didn't realize the Iowa Hawkeyes receiver was lightning-fast.

The Toronto-born Smith raised eyebrows Monday at Iowa's pro day with a 40-yard dash time of 4.33 seconds. That would have left Smith tied for third at the NFL combine — Georgia running back Keith Marshall's 4.31 seconds was tops — and would have made him the fastest player at this month's CFL combine, topping the 4.51-second mark recorded by Queen's receiver Doug Corby.

"To be honest, the 4.33 surprised me," said Magri, the Toronto Argonauts' Canadian scouting co-ordinator who attended the Iowa session. "We knew he was quick. We anticipated him being a 4.40 guy, but 4.33 is elite."

"He definitely helped himself in the NFL. I know a lot of teams there definitely sat up and took notice after they checked their stopwatches."

Smith wasn't invited to the NFL combine in February and didn't attend the CFL combine.

In December, the CFL scouting bureau ranked the six-



Tevaun Smith is one of the top prospects for the May 10 CFL draft. MATTHEW HOLST/GETTY IMAGES

foot, 205-pound Smith as the top prospect for the May 10 draft. His performance Monday should have enhanced that standing but Canadian teams can only wait and see if Smith, who battled knee injuries last season, heads to the NFL as a player taken in the April 28-30 draft or a priority free agent afterwards.

Gil Brandt, former Dallas Cowboys vice-president of player personnel now working as the NFL Media senior analyst, wrote "Smith had a great workout, and will be a drafted player."

Smith showed Monday he's more than just a speed mer-

chant.

With all 32 NFL teams as well as the Argos, Montreal Alouettes and Ottawa Redblacks present, Smith registered a 38-inch vertical jump, 3.94-second shuttle and 6.56-second three-cone, bench-pressed 225 pounds 13 times and had a broad jump of 10 feet two inches.

Smith would have finished second in the three-cone drill and third in the shuttle at the NFL combine.

"I think he may have helped himself get drafted," Magri said. "With his body of work, his hands and route-running

and now you add those measurables that I believe would have put him in the top three in almost every category in the NFL combine ... he ran very well, jumped extremely well, looked explosive."

Smith was Iowa's second-leading receiver last season with 563 yards on 32 catches (third-most on squad) with three touchdowns in 12 games, 10 as a starter. He was one of seven true freshmen to see action in 2012 and finished his college career with 102 receptions for 1,500 yards (14.7-yard average) and seven TDs.

THE CANADIAN PRESS

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1	8	2	6	3	4	9	7	5
9	3	6	8	7	5	4	2	1
3	1	9	4	8	2	7	5	6
2	5	4	1	6	7	8	3	9
7	6	8	3	5	9	1	4	2

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RECIPE Vegetarian Tostados



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada



Once you have the basics of this recipe down, feel free to freestyle the toppings with whatever you like (or, let's be honest, what's on hand).

Ready in

Prep time: 5 minutes
Cook time: 15 minutes

Ingredients

- 1 x 14 oz can black beans, rinsed
- 1/4 cup cilantro, roughly chopped
- 1/4 cup extra virgin olive oil, plus more for brushing
- 1 clove garlic, slicedly chopped
- 1 lime, juiced
- 1 ear of corn of fresh corn or 1 cup frozen
- 2 cups shredded iceberg lettuce
- 3/4 cup Monterey Jack cheese, grated
- 1/4 cup sour cream

Directions

1. Preheat the oven to 425. In a food processor, place beans, oil, lime juice, garlic, cilantro and salt. Blend until mixture reaches the consistency of hummus. Remove from processor and spoon into a small bowl.

2. Boil corn until cooked. Remove from water and allow to cool a few minutes. Cut kernels from ear. Place in a bowl. Place shredded lettuce, shaved cheese, chopped cilantro and sour cream in various small bowls.

3. Lightly brush each tortilla with olive oil on each side and bake in oven on a cookie sheet for about 7 minutes. Remove and serve immediately.

4. Place tortilla on plate and layer with black bean dip, lettuce, cheese and corn. Feel free to free style this dish with additional toppings like peppers, tomatoes and slices of avocado.

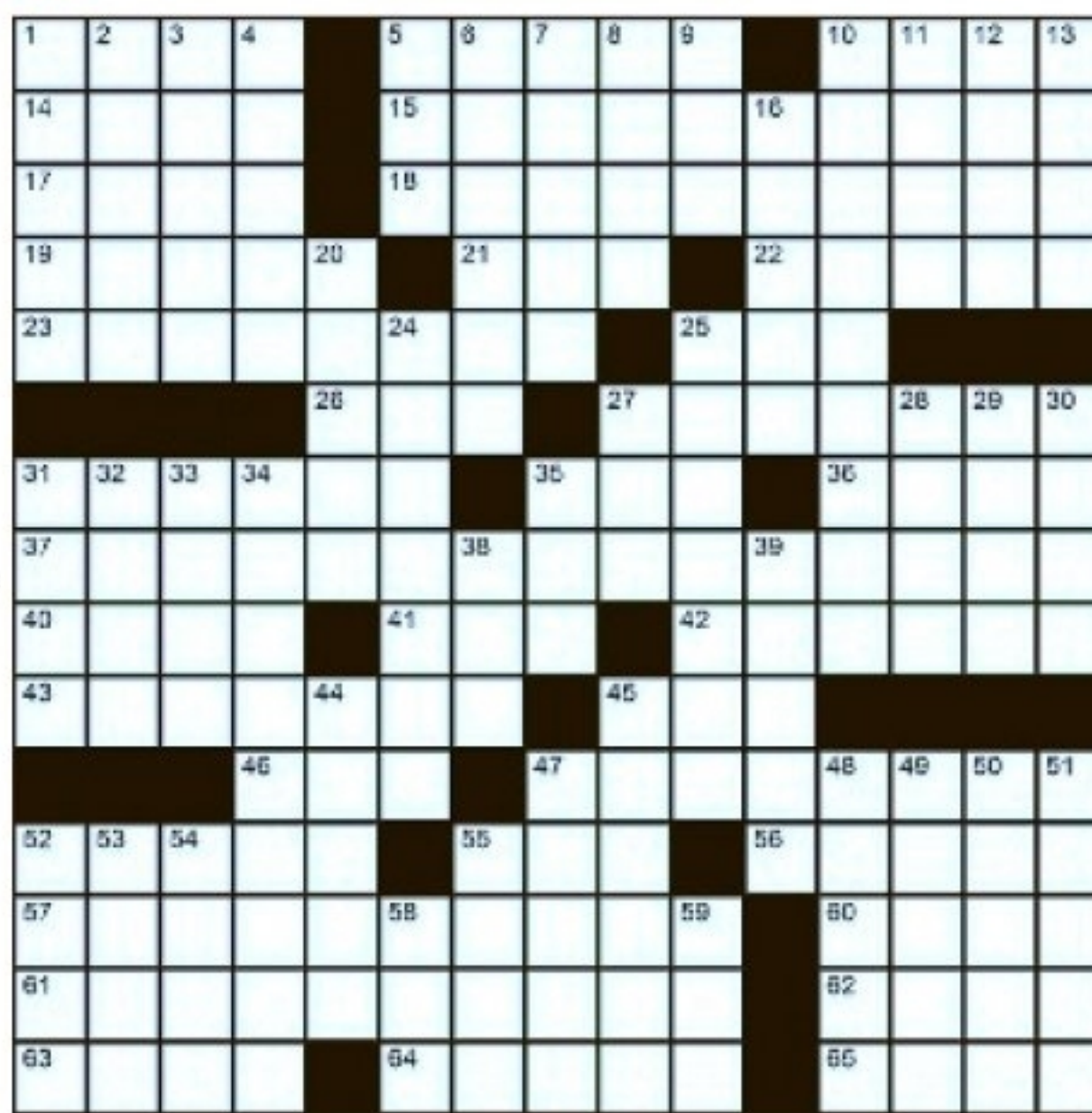
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Researcher's helper, briefly
- Rover
- Tina Turner's "Better Be Good ___"
- Ms. Buzzi of comedy
- Destroyer
- Beatles hit bit: "...goodbye and _ hello..."
- Craft in Niagara-on-the-Lake in Ontario that's really 'grape'
- Mitten part
- ___ rummy
- Long-looking squares, briefly
- Offshore oil platform in the Jeanne d'Arc Basin of Newfoundland's Grand Banks
- Dharma's portrayer on "Dharma & Greg" ...her initials-sharers
- "I got an '___' the exam!" (I'm smart!)
- Electronics giant of Japan
- Chanel No. 5, par exemple
- Form of stage show in Japan
- Car rental company
- Acrcd attraction in Winnipeg; 2 wds.
- Saint Lawrence, et al.
- Have a ___ to pick
- Buys
- High Renaissance painter of Sistine Madonna
- French for 'me'
- Compass point
- BC: Scottish-born industrialist who had



Victoria landmark Craigdarroch Castle built for his family, Robert ___ (b.1825 - d.1889)

the Arctic
60. Dog breeds, e.g.
61. Vatican VIP's vehicle
62. Chill
63. Hans Christian Andersen creature
64. Gain admittance; 2 wds.
65. Roger of

"Cheers"

DOWN

- It has its pluses and minuses, briefly
- Seaweed-wrapped appetizer
- Baseball great Rusty
- Herb variety

- Novel
- Dawn
- 'Beatle' suffix
- Toronto-born actor Mr. Young
- Shadowy
- Form; 2 wds.
- Relating to the ear
- State bor-

- dering Sask.
- Work units
- Doesn't disregard
- Electric shavers name
- Potential Juno Award winner
- 'J' of LBJ
- Parisian pronoun
- John, Russia-style
- Nest dweller
- Questions
- Henry VIII out-liver Catherine
- "Sole Survivor" band
- Inviter's request
- Seafood suppliers
- Negative word
- Cartoonist Mr. Keane
- Church goer, e.g.
- Type of tea from India
- Morningtime mixture
- Legal right
- Grinding tooth
- Hydro bill factor
- Permeate
- Romantic flowers
- Night-and-Day and Cold-and-Hot, e.g.
- Woof's counter-part
- Harp, in Italy
- Iron Maiden's "Be Quick ___ Dead"
- "House of Sand and ___" (2003)
- Commandments number

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you will strive to find a balance in everything you do, especially with work or your health. From here on, things will get better. Factoid.

Taurus April 21 - May 21
After the Full Moon peaks this morning, you will feel more in control of your life. You also will feel a balance between fun plans and your ability to make them a reality.

Gemini May 22 - June 21
Relations with others will improve after the Full Moon peaks this morning. You feel better between loyalty to partners and your home and family.

Cancer June 22 - July 23
The tension of today's Full Moon will subside after it peaks this morning. You will see an improvement in all your communications with others — no question.

Leo July 24 - Aug. 23
Take it easy today to avoid accidents. However, your financial situation is looking better and better, isn't it? Good for you.

Virgo Aug. 24 - Sept. 23
Financial disputes will calm down after this morning. This is just one example of how you are starting to feel a balance between your home obligations and your personal freedom.

Libra Sept. 24 - Oct. 23
You will feel better after the Full Moon peaks this morning. You will also have a better direction and a better idea about your future plans.

Scorpio Oct. 24 - Nov. 22
Tension on the work front will relax after the Full Moon peaks this morning. Ultimately, you feel an increasing confidence in your financial future and your ability to earn money. Bravo!

Sagittarius Nov. 23 - Dec. 21
Difficulties with friends will subside after the Full Moon peaks this morning. In fact, your relations with everyone — especially authority figures — will move to a more solid footing.

Capricorn Dec. 22 - Jan. 20
You will feel calmer after the Full Moon peaks this morning. In fact, future travel plans or plans regarding further education look doable and even sensible. Yay!

Aquarius Jan. 21 - Feb. 19
Life will be easier after the Full Moon peaks this morning. You can breathe a sigh of relief because you see that you have the support of others, which is what you really wanted.

Pisces Feb. 20 - March 20
Financial tensions will diminish after the Full Moon peaks this morning. Your ambition to make a name for yourself looks much more doable. You have faith in your future!

CONCEPTIS SUDOKU by Dave Green

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MIND PRICE **\$5,105**



2007
NISSAN VERSA 1.8S
STK#7L436960

PEACE OF
MIND PRICE **\$5,372**



2007
HYUNDAI SONATA GL
STK#7H199670

PEACE OF
MIND PRICE **\$5,428**



2001
PONTIAC GRAND AM SE
STK#1M539385

PEACE OF
MIND PRICE **\$5,490**



2003
FORD FOCUS SE
STK#Q3W322773

PEACE OF
MIND PRICE **\$5,569**



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